# THE JOHANNA BUDWIG CANCER DIET

https://www.alternative-cancer-care.com/johanna-budwig-cancer-diet.html

The Johanna Budwig Diet was developed by German biochemist and physicist Dr. Johanna Budwig in the 1950's. Dr. Budwig discovered the blood of those with cancer always had gross deficiencies of phosphatides and lipoproteins, while healthy persons did not have this deficiency. This deficiency resulted in reduced oxygen levels in the cells. Dr. Johanna Budwig then developed a simple diet to re-oxygenate the body's cells. She discovered the saturated fats we were using in our Western diets did not contain pi-electrons. Pi-electrons are like spark-plugs for our cells to help them to "breathe" properly. Pi-electrons allow the body's cells to assimilate and transport oxygen, and to detoxify cellular waste. Dr. Johanna Budwig discovered the best source of Pi-electrons was found in two unsaturated fatty acids of flaxseed oil. These unsaturated fatty acids (linolenic and linoleic), not only re-oxygenate the body's cells, they also repair and restore the lipid membranes of all cells in the body, and they do this by replenishing the loss of critically needed phosphatides and lipoproteins that are always as stated earlier, grossly deficient in cancer patients.

But there was one problem. How could Dr. Johanna Budwig get the unsaturated fatty acids of the flaxseed oil into the cells of cancer patients? Only water-soluble solutions can enter cells, and an oil, however fantastic it is, is not water-soluble and therefore cannot enter our cells. After many years of clinical research, Dr. Budwig found that by combining flaxseed oil with the sulphurated amino acids found in cottage cheese – the flaxseed oil would become water-soluble, and immediately available for use by the body's cells. What has also recently become apparent is just how important the cottage cheese is in the Johanna Budwig Diet. Not only does the cottage cheese make the flaxseed oil water soluble to re-oxygenate the body's cells to prevent cancer mutations, it contains two ingredients that fight cancer in the best possible way.

The first ingredient is sulphur. Sulphur helps to detoxify the body and prevent the growth of cancer cells. According to the National Cancer Institute sulphur compounds make cells vulnerable to the stress created by products of cell division. Because cancer cells divide very quickly, they generate more stressors than most normal cells. Thus, cancer cells are damaged by the presence of sulphur compounds to a much greater extent than normal cells. The other important ingredient in the whey (the liquid part) of cottage cheese, is dextrorotatory lactic acid. This positive form of lactic acid – when given in high doses - normalizes the cell's pH to healthy levels of around 7.4pH, which is critical to cancer recovery. Secondly, normalising the pH helps to stimulate adrenaline production, preventing a build up of glucose in cells. The prevention of glucose build-up in cells is critical in cancer recovery, as viral-bacterial-yeast-like fungus feed on and ferment glucose, breaking the cell's Krebs (oxygen) cycle, causing cells to mutate into cancer cells. Thirdly, dextrorotatory lactic acid of the whey in cottage cheese neutralizes the toxic, levorotatory lactic acid of the tumour into a non-toxic, racemic form. This is of utmost importance, as it removes the stimulus for an increase in the cell division rate. Fourthly, the whey of cottage cheese has powerful anti-microbial and anti-viral properties. Lactoferrin and lactoferricin in whey inhibits bacteria, yeast, fungi, and parasitic protozoa. As normal cells lose their ability to exchange oxygen due to the presence of viral-bacterial-yeast-like fungus - causing them to mutate into cancer cells - killing these microbes is also paramount in cancer recovery. Finally, the whey of cottage cheese stimulates the growth of various cells of the immune defense system including lymphocytes, macrophages / monocytes, humoral immune response, and antibody response. The Johanna Budwig Diet is considered by alternative cancer authorities as the premier anti-cancer diet in the world today – and they are not alone. So impressive is the Johanna Budwig Diet's ability to treat cancer, even aggressive cancers like brain cancer, the two active components of the Johanna Budwig Diet – flaxseed oil and the whey of cottage cheese – are currently being studied by the US government to determine their anti-cancer benefits, with excellent results being shown to date, and with the flaxseed oil even reaching clinical trial stage.

# NATIONAL CANCER INSTITUTE: FLAXSEED DIET SIGNIFICANTLY LOWERS TUMOR PROLIFERATION

National Cancer Institute: "Methods: We undertook a multisite, randomized controlled trial to test the effects of low-fat and/or flaxseed-supplemented diets on the biology of the prostate and other biomarkers. Prostate cancer patients (n = 161) scheduled at least 21 days before prostatectomy were randomly assigned to one of the following arms: (a) control (usual diet), (b) flaxseed-supplemented diet (30 g/d), (c) low-fat diet (<20% total energy), or (d) flaxseed-supplemented, low-fat diet. Blood was drawn at baseline and before surgery and analyzed for prostate-specific antigen, sex hormone-binding globulin, testosterone, insulin-like growth factor-I and binding protein-3, C-reactive protein, and total and low-density lipoprotein cholesterol. Tumors were assessed for proliferation (Ki-67, the primary endpoint) and apoptosis. Results: Men were on protocol an average of 30 days. Proliferation rates were significantly lower ($P < 0.002$) among men assigned to the flaxseed arms. Median Ki-67-positive cells/total nuclei ratios (×100) were 1.66 (flaxseed-supplemented diet) and 1.50 (flaxseed-supplemented, low-fat diet) versus 3.23 (control) and 2.56 (low-fat diet). No differences were observed between arms with regard to side effects, apoptosis, and most serologic endpoints; however, men on low-fat diets experienced significant decreases in serum cholesterol ($P = 0.048$)." [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2703189/]

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# U.S. DEPARTMENT OF AGRICULTURE FINDS WHEY PREVENTS CANCER

A team of Agricultural Research Service funded investigators from the U.S. Department of Agriculture — Reza Hakkak, Martin J.J. Ronis, and J. Craig Rowlands — led by neuro-endocrinologist and nutritionist Thomas M. Badger, has found that a modified whey protein, which Badger developed, prevents breast cancer in some laboratory rats. It's an important medical discovery, considering that 180,000 U.S. women develop breast cancer each year—and 1 in 8 women will develop breast cancer over her lifetime. Whey is notably present in the liquid component of cottage cheese. The researchers studied an animal model of breast cancer. Over 3 years, female Sprague Dawley rats were fed one of two diets—one containing casein, the major protein found in milk, the other containing processed whey protein, which is found in the watery liquid that separates from milk during cheese making. The researchers have filed for a patent on the modified whey protein. "One hundred percent of the rats fed the casein diet developed mammary tumors, but only about 50 percent of the whey-fed rats developed tumors," says Badger, who is based at the Arkansas Children's Nutrition Center in Little Rock. "In addition, it took longer for the mammary tumors to develop in the whey-fed rats, and they had fewer tumors." "This data is extremely important," he says, "because it demonstrates that in the animal model most used to study human breast cancer, a common dietary factor reduces the incidence of developing such tumors." [United States Department of Agriculture – Agricultural Research Service] [http://cebp.aacrjournals.org/content/9/1/113.full]

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# THE JOHANNA BUDWIG CANCER DIET: EASY TO PREPARE

The Johanna Budwig Diet is not only considered by experts as the best cancer diet in the world today, it is also one of the simplest and best tasting. The below video demonstrates how easy it is to prepare the Johanna Budwig Diet.

Use flaxseed oil (ideally) from the refrigerated section of your health food store. Refrigerate and check the expiration date to make sure it has not expired. Do not use High Lignumflaxseed oil. Mix two tablespoons of cottage cheese to one tablespoon of oil. Prepare the amount you are consuming at one time so it is mixed fresh each time. Start slowly with the oil, maybe just once a day and work their way up letting the body adjust. The flaxseed oil and the cottage cheese must be thoroughly mixed at a low speed, using a Hand

(Wand) Blender. Blend to a creamy texture with no flaxseed oil remaining. Consume the mixture immediately after preparation. You can flavour the mixture each day adding nuts (pecans, pine nuts, almonds or walnuts - not peanuts), banana, organic cocoa, shredded coconut, fresh pineapple, blueberries, raspberries, or cinnamon. You can mix these extras with the flaxseed oil and cottage cheese or place them on top. Dr Johanna Budwig recommends people suffering from cancer should work themselves up to consuming 6 to 8 tablespoons of the flaxseed oil daily.

Here is a recommended daily protocol to work up to: 1. Mix 3-4 tablespoons of cold-pressed flaxseed oil with 6-8 tablespoons of low fat cottage cheese (using hand-blender). 2. Optional - Add nuts (pecans, pine nuts, almonds or walnuts – not peanuts), banana, organic cocoa, shredded coconut, fresh pineapple, blueberries, raspberries, or cinnamon. 3. Optional - Mix 2 tablespoons freshly ground organic flaxseeds. 4. First week: Prepare this mixture & consume once daily. 5. After first week: Prepare this mixture twice daily and consume immediately or cover & refrigerate until required. Dr Johanna Budwig advised people with liver or pancreatic cancer should work up very slowly with the oil and possibly only start with 1 teaspoon at a time until their body has adjusted. Dr Budwig recommends a maintenance dose of 1 tablespoon of the oil per one hundred pounds of body weight. Note: The Johanna Budwig Diet takes time to work and usually takes 3 to 6 months to see results in with with cancer.

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# THE JOHANNA BUDWIG DIETARY PLAN: FOR FASTER RESULTS

Although the above BUDWIG MIX of flaxseed oil and cottage cheese can be added to any existing diet with very good results, Dr. Johanna Budwig recommends the following daily dietary plan for better and faster results. Regardless of your existing diet, preserved meats and sugar (in all foods) should be avoided when on the Johanna Budwig Diet. Dr. Budwig recommends that you stay on the following diet for a minimum of five years. Dr. Budwig also advises that breaking the rules of this diet (such as eating preserved meats and sugar) may cause tumours to grow back rapidly worse.

COMPLETELY AVOID:

- Sugar (including brown sugar) in all foods
- Animal Fats
- Salad Oil (including Mayonnaise)
- Meats (especially preserved meats)
- Butter and Margarine

THE BUDWIG DIETARY PLAN:

Freshly squeezed vegetables juices work well with this diet. Use carrots, beetroot, celery, and apple (to taste). There is no limit on the number of these juices per day. However, a warm herbal tea (3 times a day) is essential for this diet, such as peppermint, rosehip, fennel, grape tea, etc.

Day 1 (only): Mix 250ml (8.5 oz) of flaxseed oil with honey together with freshly squeezed or blended fruit juices. Do NOT use juice from the supermarket. If the person is very ill, you may use champagne in place of the juice, as the champagne makes it easier for the body to assimilate the oil and will re-energize a very sick person. Day 2 onwards: Mix 3-4 tablespoons of cold-pressed flaxseed oil with 6-8 tablespoons of low fat cottage cheese (using hand-blender) twice daily. Use this mixture throughout the day in the daily dietary plan listed below. Cover and store the unused Budwig Mix in the refrigerator until required.

Before Breakfast: A glass of acidophilus milk or sauerkraut juice. This will restore essential good bacteria into your body.

Breakfast: Pour 2 tablespoons (30 ml) of flaxseed oil and some honey and fresh fruit - berries, apricots, peaches, grated apple over natural muesli. You may also use nuts, except peanuts. Eat 4 ounces of the BUDWIG MIX (flaxseed oil & cottage cheese). You may eat this straight or add it to your muesli. Drink 1 herbal tea.

Morning Tea: A glass of fresh carrot juice, apple, celery, or beet-apple juice.

Lunch: Raw salad with Yogurt-Flax Oil Mayonnaise*. Raw salad should consist of 'greens' and a combination of (your choice) grated turnips, carrots, beets, kohlrabi, radishes, sauerkraut or cauliflower. *Yogurt-Flax Oil Mayonnaise: Mix together 2 tablespoons (30 ml) flax oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) natural yogurt. Then add 2 tablespoons (30 ml) of lemon juice (or apple cider vinegar) and add 1 teaspoon (2.5g) mustard plus some herbs such as marjoram or dill. Next add 2 or 3 slices of health food store pickles (no preservatives) and a pinch of herbal salts. Wait half hour after meal and drink a glass of fresh carrot juice, apple, celery, or beet-apple juice.

Cooked Meal: Steamed vegetables, potatoes, or such grains as rice, buck-wheat or millet may be served. To these add either THE BUDWIG MIX (flaxseed & cottage cheese) or the Yogurt-Flax Oil Mayonnaise - for flavour and to up your intake of flax oil. Also mix THE BUDWIG MIX with potatoes instead of sour cream. Drink 1 herbal tea.

Dessert: Mix fresh fruit with THE BUDWIG MIX. Flavour using cream of lemon, vanilla or berries.

Afternoon Tea: A small glass of fresh fruit juice or champagne (if feeling low energy) with 1-2 tablespoons of honey-coated Flaxseeds or drink a glass of fresh carrot juice, apple, celery, or beet-apple juice.

Supper: Have this by 7pm. Make a hot natural vegetable soup (not canned). (This may be a blended soup such as potato & leek soup, pumpkin soup, or any vegetable soup home-made). Add THE BUDWIG MIX (flaxseed & cottage cheese) for more flavour. Drink 1 herbal tea.

## 12 Step Cancer Survivor Program

**Step 1: Healing the root psycho-emotional cause of cancer**
As revealed in the 6 phases of cancer, it is suppressed negative emotions (principally anger, hate, resentment and grief) which cause and continue to fuel cancer at the cellular level. Finding a way to remove these toxic emotions is critical to long term cancer recovery. The 93-page evidence-based thesis, "Psycho-Oncology: The 6 Phases of Cancer" (freely available below), reveals exactly how cancer develops in the body over 6 separate phases. Here you will be given proof from many hundreds of universities from around the world how cancer is caused due to the suppression of toxic negative emotions, and how this occurs at the cellular level. It is recommended you undertake sessions with an experienced healer of emotions (such as an EFT specialist) who can work with you to permanently remove these toxic emotions. Continuing a daily self-healing program to express and release cancer-causing emotions is also strongly advised and the Cancer Healing Guide is designed for this purpose. The Vipassana meditation technique is also beneficial for uncovering and releasing toxic emotions. You are also encouraged to explore the link between anger, unforgiveness and cancer and unresolved complicated grief and cancer. The book, "Healing dis-ease in the Mind of Christ" (also freely available below), will help you uncover the spiritual cause of why dis-ease is present. We are aware of illnesses having spontaneously healed during the reading of this book.

**Step 2: Systems change (Removing stressful conditions)**
As revealed by world-renowned cancer researcher Lothar Hirneise, 100% of all late stage 'miracle' cancer survivors of the hundreds he interviewed had all made dramatic system changes in their life before getting well, and had typically left a highly stressful job or relationship or highly stressful living condition. This is because those diagnosed with cancer have significantly elevated stress hormone cortisol levels, which deplete all-important adrenaline reserves (as outlined in phase 2 of cancer), breaking the cell's Kreb's Citric Acid Cycle, causing cell mutation and cancer. By removing anything in your life that is causing significant stress, this will help to normalize cortisol and adrenaline levels, and thus halt the condition known as cancer, which is fuelled by chronic stress. Keeping a journal can also be useful in helping to identify and monitor key points of stress.

**Step 3: Active relaxing (to lower stress hormone cortisol levels)**
Over many years the typical cancer personality has trained their body to remain rigid and tense in response to life stressors. And when the body is not relaxed the mind will not relax sufficiently enough to enter the deep-sleep-cycle to produce melatonin, which is the primary hormone responsible for inhibiting cancer cell growth. It is this "body stress" which continues to deplete all-important adrenaline reserves in phase 2 of cancer. You should ideally spend 2 hours each day in active relaxation mode to lower stress hormone cortisol levels, which in turn will help restore adrenaline reserves and enable you to enter the deep-sleep-cycle to produce melatonin. Here are some ways to actively relax: sitting amongst nature, walking on the beach, swimming, tai chi, aromatherapy massage, watching funny movies, join a laughter therapy group,

holistic pulsing, meditation, deep breathing exercises, lavender oil therapy, and listening to a guided relaxation recording.

**Step 4: Using meditation to increase melatonin hormone levels**
As revealed in phase 1 of cancer, melatonin is the primary hormone responsible for inhibiting cancer cell growth. It does this by producing interleukin 2 (IL-2) which governs the production of (cancer killing) immune system T cells, B cells, natural killer cells, macrophages and neutrophils. Melatonin is produced in the pineal gland of the brain between the hours of 1am and 3am in the morning during uninterrupted deep sleep. The cancer personality who suppresses for long periods toxic emotions (of anger, hate, resentment, and/or grief) is generally unable to enter this critical deep sleep cycle and therefore becomes depleted of melatonin over time -- one day at a time. Removing the toxic emotions that disrupt deep sleep and lowering stress hormone cortisol levels will naturally correct the problem, however studies have demonstrated meditation can also be used to produce melatonin by stimulating the pineal gland. Consider meditating for 30 minutes per day as part of your 2 hours of daily relaxation.

**Step 5: Supporting / boosting the immune system**
There are a number of conditions that suppress or weaken the immune system: including high stress hormone cortisol levels, depleted melatonin and dopamine levels, parasites, pathogen microbes (viruses, bacteria, fungus), as well as chemotherapy and radiation. When the immune system is suppressed or weakened, the "cancer fungus" in phase 3 thrives. We recommend you incorporate at least one protocol to support and boost your immune system. High Dose Vitamin C Therapy can be used for this purpose and should wherever possible be used PRIOR to chemotherapy and radiation. Consider also: Fever Therapy, DMG, Lemon Juice Therapy, and Avemar. Note: If you are undertaking chemotherapy or radiation, consider Graviola capsules to prevent side-effects such as hair loss, nausea, and general malaise and energy loss. This natural product really works and prevents cell-resistance to chemotherapy.

**Step 6: Removing the cancer fungus**
As revealed by the Holy Spirit of God in phase 3 of cancer, what we know as cancer is in fact seven different types of fungus. When the cancer personality experiences prolonged chronic stress, somatids (tiny microorganisms necessary for life) that live in our body pleomorphise [or change] into yeast-like-fungus to ferment rising glucose and lactic acid in cells. In a healthy person, somatids are limited to 3 stages in their life cycle - somatid, spore, double spore. However, in a highly acidic (low pH) lactic acid environment, somatids pleomorphise into a further 13 stages. These stages include viral-bacterial-yeast-like-fungus forms that: a) migrate to the cell nucleus releasing "mycotoxins" causing cell DNA damage and the mutation of normal cells into cancer cells, and b) ferments the glucose in cancer cells, providing a natural growth factor for cancer and tumor cells to metastasize in the body. For this reason it is recommended you include at least one of the following protocols to remove and keep at bay the cancer-fungus in your body: Apple Cider Vinegar, Garlic, Baking Soda, Essiac Tea, Clarkia, and Hyperthermia.

**Step 7: Detoxing the liver and colon of toxins**
Those with cancer are typically overloaded with toxins in the key immune system organs of the body: the liver and colon. Toxins include "mycotoxins" or acidic waste products caused by: 1) the cancer-fungus, 2) a poor diet, 3) chemicals, alcohol, tobacco, 4) antibiotics, 5) chemotherapy agents, 6) fermentation of stress hormones, 7) poor exercise regime causing a build-up of lactic acid, and 8) dead microbes, parasites and cancer cells. These toxins build up primarily in the liver -- the master immune system organ. When the liver is overloaded with these toxins, your immune system is weakened and you feel sicker, and cancer and viral-bacterial-yeast-like-fungus thrives. Thus it is very important to have a plan to detox the liver (the master immune system organ), the colon (the intestinal immune system), as well as the gall bladder and kidneys -- especially if you are undertaking a treatment to kill cancer cells or the cancer fungus. If you don't, your liver simply cannot remove all the dead microbes and cancer cells, which remain overloaded in the liver. It is strongly recommended you include a daily treatment plan for detoxing the liver and colon. See Liver-Colon Cleanse for further details. Ozonated Water should be considered also, for it is a superb body detoxifier, but should NOT be used by those with lung cancer or lung conditions.

### Step 8: Restoring the Krebs' Cycle with niacin & vitamin C

Cancer can only exist when the Krebs' Citric Acid Cycle of a person's body cells is broken. And this is due to adrenaline depletion (in phase 2), niacin deficiency (in phase 4) and vitamin C depletion (in phase 5), all of which are caused by prolonged chronic stress. Dr Abram Hoffer, the department head of psychiatry at a major hospital in Canada, started using niacin and high doses of ascorbic acid (vitamin C) to treat psychiatric patients and found (by accident) that it also effected a cure in some of his patients with cancer. He subsequently found of 132 patients he treated in his own private practice with advanced stage cancer, **101 patients who followed his program (below) lived on average 16 times longer than the 31 patients who did not or could not follow his program.** Dr Abram Hoffer and Linus Pauling presented the following study findings: "Mean survival time for the 31 patients who did not follow the regimen is 5.7 months. Of the others, who did follow the regimen, 20% were poor responders, with mean survival time 10 months, and 80% were good responders, with mean survival time 122 months for 32 patients with cancer of the breast, ovary, cervix, and uterus and 72 months for 47 patients with other kinds of cancer." [Click here to read the full Abram Hoffer/Linus Pauling study and patient survival times.]

Dr Abram Hoffer recommended the following regime to his patients: "The first thing I try to do is to cut their fat way down. So, I put them all on a dairy free program. I reduce, but I don't eliminate, meat and fish, and I ask them to increase their vegetables, especially raw, as much as they can. I think it's a good, reasonable diet, which most people can follow without too much difficulty. Having spent some time with them going over what they ought to eat, I begin to talk about the nutrients. The first one, of course, is vitamin C. The dose is variable. I find that most patients can take 12 grams per day without much difficulty, that's the crystalline vitamin C sodium ascorbate or calcium ascorbate. They take one teaspoon three times per day. If they do not develop diarrhea, I ask them to increase it until this occurs and then to cut back below that level. I think in many cases it would be desirable to use intravenous vitamin C. I also add vitamin B-3, either niacin or niacinamide. I prescribe from 500 mg to 1500 mg per day. I also add a B (vitamin) complex preparation 50 or 100. I think vitamin E is an extremely important anti-oxidant and I use that as well, 800 to 1200 I.U. They also get 25,000 to 75,000 units of beta carotene. I sometimes use vitamin A. (One cup of raw carrot juice contains 36,600 units of beta carotene, which converts to vitamin A). I like to use folic acid for lung cancer, and for cancer of the uterus. I use selenium, 200 mcg, three times per day. I use some zinc, especially for prostatic cancers and I do use calcium-magnesium." [Click here to read Dr Abram Hoffer's complete Niacin and Vitamin C Protocol]

[Note: Sourcing the correct ascorbic acid is important. NutriBiotic Ascorbic Acid 100% Pure Vitamin C 5lb (2.26kg) from www.iHerb.com appear to offer the best value bulk pharmaceutical grade crystalline ascorbic acid.]

### Step 9: Re-alkalizing the body's natural pH balance

As discovered by Otto Warburg, cancer cells only survive in a low pH highly acidic environment, and this is why those with cancer typically have a low pH of between 4.0 and 6.5pH. This highly acidic environment occurs when the Krebs' Citric Acid Cycle of the cell is broken due prolonged chronic stress depleting all-important adrenaline reserves. As the cell can no longer produce ATP energy via the Krebs' Citric Acid Cycle, the cell instead ferments glucose [to obtain smaller amounts of ATP energy] via the process known as Glycolysis, causing lactic acid levels to rise sharply within the cell. This lactic acid problem is further compounded when the somatid in phase 3 of cancer pleomorphises into the cancer-fungus to ferment rising glucose and lactic acid, itself releasing acidic waste products called "mycotoxins". As cancer cells find it difficult to survive in a high pH alkaline environment of 7.5 or greater, it is therefore essential to: 1) Remove the lactic-acid forming psycho-emotional stress (i.e. toxic negative emotions), 2) introduce alkaline-based foods, and 3) include dextrorotatory lactic acid, which is administered in homeopathic form as prescribed by Dr Waltraut Fryda in phase 2 of cancer.

### Step 10: Reversing the subconscious desire to "exit life"

As revealed by the Holy Spirit of God in phase 6 of cancer, cancer manifests as a result of a subconscious wanting to "exit life", caused by the individual feeling overwhelmed by the pain of life and no longer having a strong desire or will to live. This desire to exit life -- experienced not so much consciously, but at the subconscious "feeling level" of the mind -- sends subliminal messages to the immune system to shut down and stop working, enabling cancer cells and the cancer-fungus to thrive. God reveals it is important to examine this subconscious desire to exit life and to see whether 2-4 years prior to diagnosis you felt this way, and to make the decision to re-activate the immune system, by generating an energy of wanting to live that is greater than the energy to exit life. The Cancer Healing Guide will help you examine your will to live in greater depth, and of course, removing the toxic negative emotions (emotional pain) that caused the subconscious desire to exit life is a critical key component.

**Step 11: Connecting to God / your Higher Spiritual Self**
At Puna Wai Ora, we regularly receive messages from God to guide us in the work we are doing. When we asked what is the best late stage alternative cancer treatment available, the first reply we received was prayer. The Angels spoke of the Lord's Prayer spoken out loud daily - preferably in Latin - was the most effective late stage cancer treatment. They indicated it was important to: 1. Ask God for forgiveness of any wrong-doings, 2. Ask God to fill them with white love and light, 3. Ask for the pain to be diminished in Jesus' name [or another spiritual being you pray to], 4. State "Please bless me with white love and light in Jesus' name and let the healing begin", and 5. Thank God, Jesus and the Angels for their healing and your recovery. These are the words of God delivered by the angels: "God will decide if a miracle happens. They need to connect with themselves more that they are on the right path to awareness of spiritual realms and God. They must believe in God to get through, to have more faith and trust in God. Once they open up, they will be open up in more ways than one. Their pain will not be as intense, they will be comforted."

**Step 12: Choosing an alternative cancer treatment**
It is important to choose at least one alternative cancer treatment to target and eliminate cancer cells within the body. In most cases you should only need to choose one treatment in addition to the above 11 steps. We highly recommend your alternative cancer treatment include at least one dietary treatment such as the Johanna Budwig Cancer Diet, the Gerson Therapy Cancer Diet, the Bill Henderson Diet Protocol (based on the Budwig diet), or the Brandt Grape Cure. The 42 day organic juice fast known as the Breuss Cure or Breuss Treatment has also been used in the treatment of cancer. Remember, always choose a diet you enjoy that fosters a will to live. To view a list of further treatment options, see: Alternative Cancer Treatments.

**HEALTH DISCLAIMER**
Puna Wai Ora Mind-Body Cancer Clinic is an expert in the field of mind-body cancer therapy only. Although Puna Wai Ora Mind-Body Cancer Clinic has compiled research findings on alternative cancer treatments included in this website, it does not claim to be an expert in these fields or to have medical or professional expertise in these fields. Puna Wai Ora Mind-Body Cancer Clinic encourages each person reading the information contained in this website to draw their own conclusions as to the potential benefits of each complementary and alternative cancer treatment and alternative cancer therapy listed and to seek medical advice from their medical doctor and/or cancer specialist or oncologist before undertaking any such therapy.

Puna Wai Ora Mind-Body Cancer Clinic, 2006-2022